

**More of Jesus, Less of Me**  
**John 3:22-4:3: Lectio Divina Guide**  
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**Guidelines:** Protect confidentiality and follow the leader's prompts

**Lectio Divina Rhythms/Process (Repeat three times):**

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

**Introduction:** In Jerusalem Jesus teaches Nicodemus that the Kingdom of God is a spiritual reality that you have to be born from above to see. Then he goes to the Jordan River where his disciples baptize people. Some spectators try to draw Jesus and John the Baptist into a competition over who can baptize the most followers but instead John promotes Jesus and Jesus withdraws from that area.

**Opening Prayer:** "More of Jesus... Less of me" (John 3:30, paraphrase).

**Read Scripture: John 3-4 (NIV84)**

22 Jesus and his disciples went out into the Judean countryside, where he spent some time with them, and baptized. 23 Now John also was baptizing at Aenon near Salim, because there was plenty of water, and people were constantly coming to be baptized. 24 (This was before John was put in prison.) 25 An argument developed between some of John's disciples and a certain Jew over the matter of ceremonial washing. 26 They came to John and said to him, "Rabbi, that man who was with you on the other side of the Jordan—the one you testified about—well, he is baptizing, and everyone is going to him."

27 To this John replied, "A man can receive only what is given him from heaven. 28 You yourselves can testify that I said, 'I am not the Christ but am sent ahead of him.' 29 The bride belongs to the bridegroom. The friend who attends the bridegroom waits and listens for him, and is full of joy when he hears the bridegroom's voice. That joy is mine, and it is now complete. 30 He must become greater; I must become less.

...34 For the one whom God has sent speaks the words of God, for God gives the Spirit without limit. 35 The Father loves the Son and has placed everything in his hands. 36 Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him."

1 The Pharisees heard that Jesus was gaining and baptizing more disciples than John, 2 although in fact it was not Jesus who baptized, but his disciples. 3 When the Lord learned of this, he left Judea and went back once more to Galilee.

**1<sup>st</sup> Reading:** What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

**2<sup>nd</sup> Reading:** Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

**3<sup>rd</sup> Reading:** What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.